The Age Group Development Committee has developed a resource for clubs to utilize when hosting future events for their newest athletes. This resource, titled Developmental Competition Categories, identifies developmentally appropriate events and different ways to use them throughout your season.

**EVENTS POSSIBLE**
- 25, 50, 100 Freestyle
- 25, 50 Backstroke
- 25, 50 Breaststroke
- 25, 50 Butterfly
- 100 IM
- 100, 200 Freestyle Relay
- 100, 200 Medley Relay
- 100, 200 Mixed Freestyle Relay
- 100, 200 Mixed Medley Relay

**AGE GROUP DEVELOPMENT COMMITTEE SUGGESTED DEVELOPMENTAL COMPETITION FORMATS**

1. **Meet Format Name**
   Early Season Developmental Checkpoint
   **Recommended Events**
   - (10 & Under)
     - 25/50 Freestyle
     - 25/50 Backstroke
     - 100 Freestyle Relay
     - 100 Mixed Freestyle Relay
   **Notes:** Typically, freestyle and backstroke are taught at the beginning of the developmental season, before butterfly and breaststroke. This meet style could serve as the concluding checkpoint of learning these two strokes before moving into practices where all four strokes are integrated together.

2. **Meet Format Name**
   Mid-Season Developmental Checkpoint
   **Recommended Events**
   - (10 & Under)
     - 25/50 Butterfly
     - 25/50 Breaststroke
     - 100 IM
     - 100 Medley Relay
     - 100 Mixed Medley Relay
   **Recommended Events (11-12)**
     - 50 Butterfly
     - 50 Breaststroke
     - 100 IM
     - 200 Medley Relay
     - 200 Mixed Medley Relay
   **Notes:** Butterfly and breaststroke are typically taught after mastering freestyle and backstroke. This meet would serve as the concluding checkpoint of mastering these two strokes before moving into practices where all four strokes are integrated together.

3. **Meet Format Name**
   Pre-IMR/Pre-IMX
   **Recommended Events**
   - (10 & Under)
     - 25/50 Freestyle
     - 25/50 Backstroke
     - 25/50 Breaststroke
     - 25/50 Butterfly
   **Recommended Events (11-12)**
     - 50 Freestyle
     - 50 Backstroke
     - 50 Breaststroke
     - 50 Butterfly
     - 100 IM
   **Notes:** In this type of meet, each swimmer would swim the designated events listed above, completing an IMR/IMX style of event sequence. This format would have no freedom of choice.
Meet Format Name
Open Pre-IMR/Pre-IMX

Recommended Events (10 & Under, Choose 2-3)
25/50 Freestyle
25/50 Backstroke
25/50 Breaststroke
25/50 Butterfly
100 IM

Recommended Events (11-12, Choose 2-3)
50 Freestyle
50 Backstroke
50 Breaststroke
50 Butterfly
100 IM

Notes: This type of Pre-IMR and Pre-IMX meet would be designed for a larger meet, where a full IMR/IMX slate cannot be fit into the two-hour timeline. Athletes shall choose/be placed in 2-3 events from those listed above.

Meet Format Name
Open Developmental “Championship” Checkpoint

Recommended Events (10 & Under)
ALL

Recommended Events (11-12)
ALL

Notes: This meet would serve as the conclusion to the developmental season, allowing athletes and/or coaches to choose the events they would like to swim. The amount of events would be contingent on the timeline, and multiple sessions may have to be run for this meet.

Meet Format Name
Relay + Distance

Recommended Events (10 & Under)
100 Freestyle Relay
100 Mixed Freestyle Relay
100 Medley Relay
100 Mixed Medley Relay
100 IM
100 Freestyle

Recommended Events (11-12)
200 Freestyle Relay
200 Mixed Freestyle Relay
200 Medley Relay
200 Mixed Medley Relay
100 IM

Notes: Oriented as more of a fun meet style, while allowing athletes to participate in the “distance” events of developmental competition.